

Friends in Faith,

Sola gratia offers me reassurance and encouragement in my experiences of rejection and judgment at the church. This doctrine teaches me that God's grace alone is the foundation of salvation and acceptance—not human approval or religious rituals such as communion. My deep conviction, unwavering love of God, and faith, despite being denied by others, are not what make me worthy in God's eyes; rather, I am already embraced by God's grace, independent of human judgment.

Here's how sola gratia ties into my experience:

1. God's Acceptance Over Human Judgment:

Sola gratia affirms that my salvation and belonging to God's family are based solely on His grace, not on human actions, appearances, or others' opinions. While the church may have denied me communion, God's grace has already extended to me freely. My heart's response—faith, love, and humility—demonstrates the work of grace in my life, even if others fail to recognize it.

2. Unshaken Assurance in God's Love:

Despite the pain of rejection, sola gratia reassures me that God's grace is constant and unearned. My faith and love for God are evidence of His grace working within me, shaping my heart to beat in rhythm with His. As Paul writes in Romans 8:38-39, nothing can separate me from God's love, not even human exclusion or misunderstanding.

3. Humility as a Response to Grace:

Sitting humbly under judgment and remaining steadfast in love mirrors the biblical truth that God's grace calls me to humility and dependence on Him, not self-righteousness or performance. Ephesians 2:8-9 emphasizes that salvation is not from human effort but is “the gift of God,” meaning my experience of His presence is not diminished by external circumstances.

4. A Call to Forgiveness and Growth:

My experience of rejection deepens my understanding of grace—both in receiving it and extending it to others. Jesus Himself was rejected by the religious leaders of His time, yet He responded with forgiveness and love. In this way, sola gratia encourages me to continue in faith, trusting God's grace to sustain and guide me.

5. Communion Beyond the Physical Act:

While the physical act of communion was denied, the essence of communion—fellowship with Christ through grace—remains unbroken. I am in communion with

God through faith and grace, whether or not I receive the sacrament in that moment. In John 6:35, Jesus reminds me, “I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.”

Ultimately, sola gratia teaches me that God’s grace is sufficient and greater than human barriers. My heart, which beats in tune with God’s love, is evidence of His grace at work, affirming that I am fully embraced by Him—regardless of human failings or misjudgments. This experience, though painful, deepens my understanding of God’s unchanging grace and strengthens my walk in faith.

**Blessings,
Teddy**